

America's First Choice

# TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, AUGUST 6, 2004

VOLUME 29, NUMBER 30



## IGX TRAINING

More than 250 people from Travis took part in an exercise in Michigan to prepare them to adapt to and operate in a chemical warfare environment.

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## TOPS IN BLUE

Tops in Blue, the Air Force's singing and dancing troupe, performs at the Creekwalk in Vacaville Sept. 1.

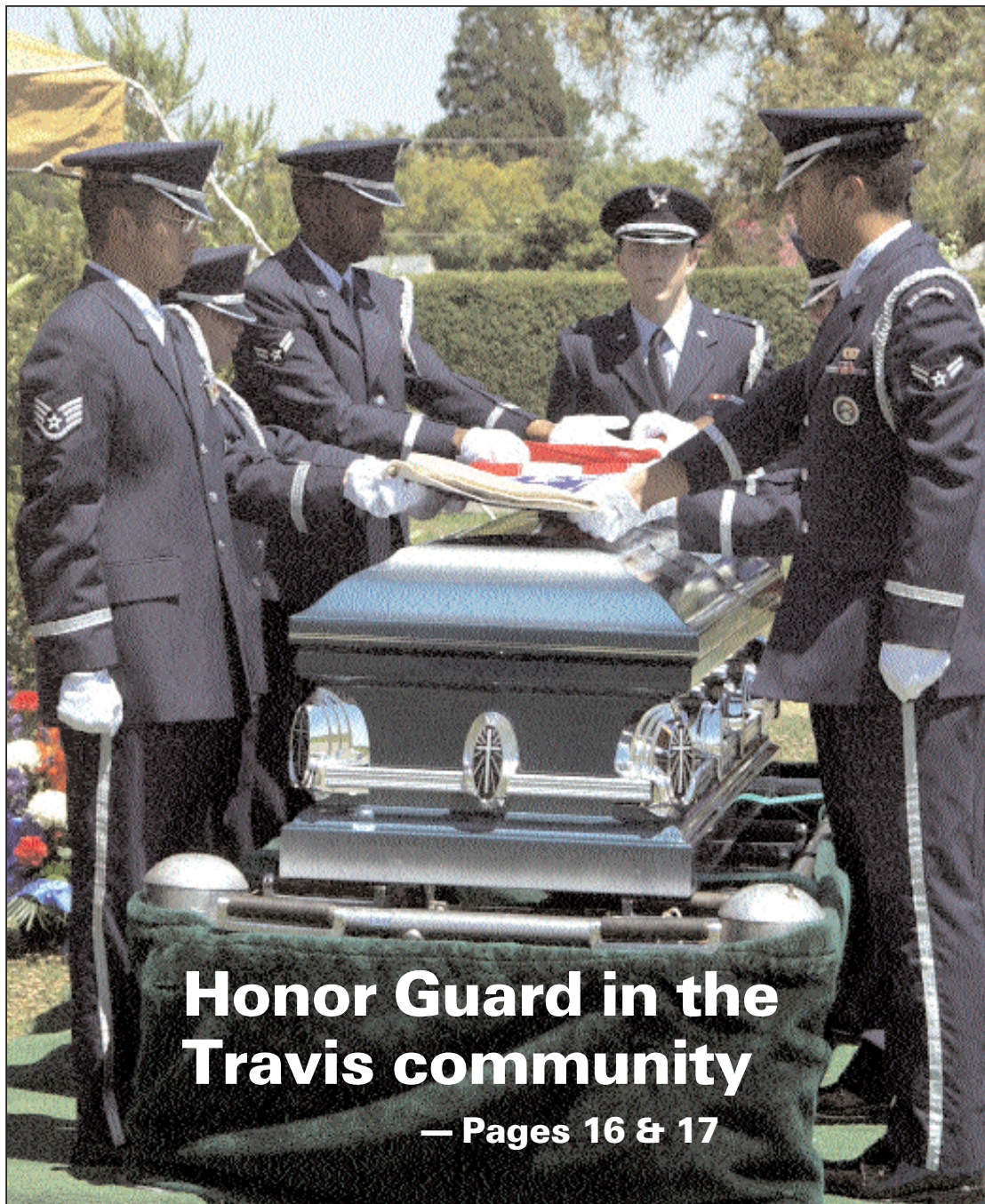
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## ATWIND

ATWIND kicks in for the final thirty days.

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## Honor Guard in the Travis community

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# Commander's Corner

## Defense Secretary sends message to troops

By Donald Rumsfeld  
Secretary of Defense

**WASHINGTON** — The following is a message to the troops from Secretary of Defense Donald H. Rumsfeld on why the United States is fighting in Iraq:

"More than 15 months ago, a global coalition ended the brutal regime of Saddam Hussein and liberated the people of Iraq.

"As in all conflicts, this has come at a cost in lives. Some of your comrades made the ultimate sacrifice. For your sacrifices, our country and the president are deeply grateful.

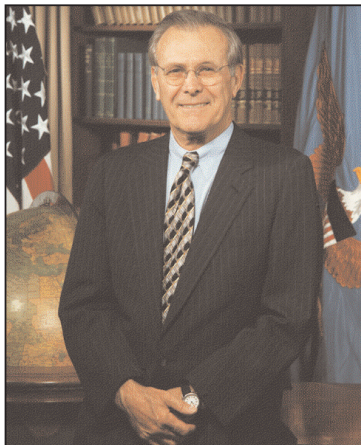
"In a free, democratic country we have vigorous debates over important public policy issues — none more heated than a decision to go to war. But this should not distract us from the mission at hand or lessen the magnitude of your accomplishments.

"The threat we face must be confronted. And you are doing so exceedingly well. Indeed it has been an historic demonstration of skill and military power.

"On September 11, 3,000 citizens were killed by extremists determined to frighten and intimidate our people and civilized societies. The future danger is that, if the extremists gain the potential, the number of casualties would be far higher.

Terrorists are continuing to plot attacks against the American people and against other civilized societies. This is a different kind of enemy and a different kind of world. And we must think and act differently in this new century.

"These extremists think nothing of cutting off innocent peoples' heads to try to intimidate great nations. They have mur-



Donald H. Rumsfeld, Secretary of Defense

dered citizens from many countries — South Korea, Japan, Spain, the United Kingdom and others — hoping to strike fear in the hearts of free people.

"There is an ideology of oppression and subjugation of women. They seek to create radical systems that impose their views on others. And they will accept no armistice with those who choose free systems.

"They see the governments of the Middle East, the United States and our stalwart allies all as targets.

"Consider the background. In the span of 20 years, Hussein's Iraq invaded two neighbors, Iran and Kuwait, and launched ballistic missiles at two more. He employed poison gas against soldiers in

Iran and against Kurdish villagers in his own country.

"The United Nations and the U.S. Congress shared the view that Saddam's regime was a threat to the region and the world. Indeed, in 1998, our Congress passed a resolution calling for the removal of the regime. And over the years the U.N. passed 17 resolutions condemning Saddam's regime and calling on him to tell the UN about his weapons programs. He ignored every one.

"Information gathered since the defeat of Saddam's regime last year confirms that his last declaration to the United Nations about his weapons programs was falsified. The U.N. resolutions had called for "serious consequences" should Saddam not comply. He did not.

"The president issued a final ultimatum to Saddam to relinquish power to avoid war. Saddam chose war instead.

"By your skill and courage, you have put a brutal dictator in the dock to be tried by the Iraqi people and restored freedom to 25 million people. By helping to repair infrastructure, rebuild schools, encourage democratic institutions and delivering educational and medical supplies, you have shown America's true character and given Iraq a chance at a new start.

"But most importantly, your fight — and ultimate victory — against the forces of terror and extremism in Iraq and the Middle East will have made America safer and more secure.

"You are accomplishing something noble and historic — and future generations of Americans will remember and thank you for it."

## UCI readiness

By Col. Lyn Sherlock  
60th Air Mobility Wing Commander

Next weekend, more than 130 inspectors will arrive on our base to simultaneously conduct two major inspections, the Unit Compliance Inspection and the Logistics Standardization and Evaluation Program.



Col.

The Travis Team has prepared long and hard for both of these inspections and we are ready to excel.

Make a diligent effort to be good hosts to our inspectors. Welcome them into your work areas and display the processes and programs you have been polishing in preparation for their arrival.

We have many great programs and talented airmen, so be sure to show this to the IG. If they discover something we can do better, listen to the inspector's solution and then vigorously work to implement the fix, ideally by the next day.

The inspectors are experts in their respective fields and have a tremendous amount of experience to offer us. Take advantage of this expertise to improve our processes.

In addition to the compliance inspection, a Full Spectrum Threat Response Exercise will be administered to test our ability to respond to nuclear, biological, chemical or radiological attacks.

We don't know exactly when or where our simulated attack will occur, so we need to remain vigilant throughout the entire inspection week.

Our first responders, command and control and all other base agencies have practiced numerous times throughout the year and stand ready to respond adeptly to whatever scenario may arise.

As with every exercise, SAFETY comes first! Pay attention to detail and intervene before the chain of events leads to an unsafe situation or undesirable outcome.

We have worked very hard to prepare, and we do not want to ruin our chance to excel by rushing, or disregarding safety. Also, be cautious for real world events during the exercise.

Do not assume that something out of the ordinary or suspicious is "just part of the exercise." If it doesn't look right, report it as you would at any other time.

Team Travis is ready to welcome the UCI and LSEP inspection teams.

Stay focused, work smartly, and ensure safety. Our opportunity to demonstrate our excellence has arrived!

## TAILWIND

Travis AFB, Calif.  
60th Air Mobility Wing

Col. Lyn Sherlock  
60th Air Mobility Wing commander

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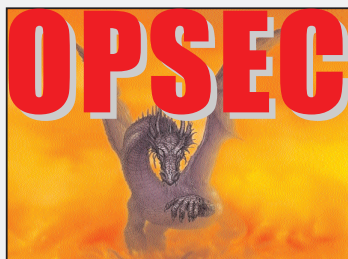
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Photo by 2nd Lt. Lindsey Hahn / 60th AMW Public Affairs

Members of the 60th Air Mobility Wing's Honor Guard fold an American flag during a recent funeral ceremony.



## Operations Security vital in

Tailwind staff

With our constantly developing world, it is important for all Travis personnel to change their operational habits.

Operation Security is designed to ensure our critical information does not fall into the wrong hands. Heightened awareness and proper OPSEC procedures by all personnel is our first line of defense against adversaries.

Critical information is defined as any friendly operations and activities which, individually or in aggregate, reveal positive details about capabilities and intentions and require protection from foreign intelligence collection and exploitation. Even what seems to be an insignificant piece of information, for example, an old contact list thrown in the trash, can be used by a trained adversary like a puzzle piece to the larger picture.

Think of the 60th AMW's critical information like you do your wallet. Although some of the information in your wallet such as a dollar bill would not be something you would feel the need to hide from public view, your credit card numbers or social security card should always be hidden away.

Remember, our activities, conversations, and communications are subject to monitoring by adversaries with an array of collection methods. Pay attention to your activities. Do not engage in "shop talk" in public where unknown people are in the vicinity, use secure telephone units whenever possible and pay attention to what you throw away or leave anywhere with public access. Always minimize the amount of communication you transmit over fax, email or through open conversation.

Practicing good OPSEC is everyone's, military or civilian, responsibility. Your support and participation in proper OPSEC procedures is vital to ensure our operations are kept safe.

Any questions regarding OPSEC matters can be handled through your unit program monitor or the 60th AMW OPSEC Program Managers, Cheryl Brown at 424-3345 or Tech. Sgt. Abel Saenz at 424-3261.



Courtesy photo

Personnel receive a briefing after arriving at the Combat Readiness Training Center in Alpena, Mich., for a chemical response exercise the last week of July in which they were observed and graded by an Inspector General team.

# Travis trains in IGX 04

Tailwind staff

More than 250 personnel from Travis took part in IGX 04 at the Alpena, Mich., Combat Readiness Training Center the last week of July.

The exercise was designed to test the ability of Air Force personnel to react, adapt to and operate in a chemical warfare environment.

The Travis personnel were among 27 units that were represented in the IGX, including some Air National Guard and Reserve units.

A team from the Inspector

General's office was on hand to evaluate and grade the people, tools and methods used during the exercise.

"Team Travis did well," said Col. Tracy Hardwick, 60th Mission Support Group deputy commander and part of the team deployed to the IGX. "And this confirmed what I already knew ... we're ready to fight."

Through much of the exercise, participants were required to perform their duties while wearing Mission Oriented Protective Posture gear and combat gear, including a flak jacket, load bearing vest and helmet.

"Everyone had great attitudes through the hours and hours of wearing MOPP gear," Colonel Hardwick said. "Everyone had a great sense of urgency and maintained high safety awareness. Travis folks can hold their head high."

Travis is slated for a Unit Compliance Exercise later this month and will be providing support for an Expeditionary Operational Readiness Inspection next July.

The exercises' official report, documenting how the units performed, will be released in 30 days.

## OPSEC policy

By Col. Lyn Sherlock  
60th AMW commander

The current War on Terrorism underscores the need to remain vigilant if we are to prevent additional terrorist attacks against our country and allies.

Sound OPSEC procedures and practices offer our first line of defense against adversaries.

To succeed, we must all avoid disclosures that reveal how, when, and where we operate. This not only includes the protection of classified information, but also the protection of unclassified information which, when aggregated with other unclassified information, becomes sensitive or classified.

Our adversaries know the importance of the mission, and our location in California doesn't make us immune from intelligence collection.

Too much effort and too many resources have been wasted by inadvertent or premature disclosure of day-to-day mission operations as well as deployment information.

Every military member and civilian should be attentive to OPSEC and

the protection of our command and control systems. Our success requires your active involvement.

The threat is real! Our activities, conversations, and communications are subject to monitoring by an adversary who will use any lapses in sound OPSEC against us.

Be aware certain actions you perform may provide indicators to our operations.

Use secure telephone units (STU-III/STE/Sectara) or encoded LMRs to maximum extent possible.

Do not discuss "shop talk" in an environment where it could be over-

heard by individuals without a need to know.

Your support of good security practices is vital to the continued success of our mission.

The wing OPSEC program managers are authorized to conduct OPSEC Surveys internal to their units to ensure proper OPSEC procedures are being followed.

Practicing good OPSEC is everyone's responsibility. If you have any questions regarding OPSEC matters, contact your unit program monitor or the 60th AMW OPSEC Program Managers, Ms. Cheryl Brown at 837-3345.

# Pentagon launches 'Operation Blue to Green'

Air Force Print News

WASHINGTON — Sailors and Airmen may soon be able to "Go Army" under a new Defense Department program intended to rebalance the size of the military.

The program is generating new opportunities for continued service and career advancement for those willing to transfer into the Army from other services.

Under "Operation Blue to Green," the Army will reach out to Sailors and Airmen and underscore the advantages of swapping their current uniform for Army green.

"We admire everyone who serves in the nation's uniform," said Lt. Gen. "Buster" Hagenbeck, the Army's uniformed personnel chief, "but I know that anyone who looks closely at today's Army will find a lot to be excited about — we are growing, and we need experienced people to lead that transition."

Both the House and the Senate have shown an interest in hiking Army strength by perhaps tens of thousands over the next few years, although the final number has not yet been set, officials said.

At the same time, the Navy is planning a force reduction of 8,000 in fiscal 2005, with the Air Force trimming more than 20,000 over the same period.

When the shifts are done, officials said, Pentagon leaders are determined to see to it that the best people are still in uniform — even if that means a different uniform. And they plan to achieve that outcome entirely by way of voluntary choice.

Where necessary, the Army plans to use bonuses to stimulate the needed service transfers and to carefully guide the experience mix so that promotions stay strong.

The focus of the effort centers on grades E-1 through E-5, but other grades will be considered in meeting Army needs. For example, the Army will continue to have a sizable demand in areas that share much common ground with other services in knowledge, skill and ability.

These include law enforcement, health care, communications and intelligence.

As an incentive to join the Army under Operation Blue to Green, bonuses are being offered to those



Photo by Army Sgt. Jeremy Clawson

The Department of Defense recently started a new program, entitled Operation Blue to Green, in which Airmen who anticipate honorable discharge from the Air Force can continue their military service in the Army. The program centers on grades E-1 through E-5 and offers bonuses to individuals who have skills that can convert into the Army's most needed occupations, such as law enforcement, health care and communications.

who have skills that convert to the Army's most needed military occupational specialties.

There are 120 Air Force specialties that will transfer into 37 Army jobs, and the Navy has 112 ratings that will transfer into 42 Army specialties, said Col. Norvel Dillard, chief of the Army's enlisted accessions division.

"Those are 'Job One,' but we're looking at others as well," said the colonel. "We're also looking for officers, primarily junior officers."

Anyone who makes the shift would carry over all creditable active federal service, and procedures will ensure that those migrating within the active force experience no break in service.

General Hagenbeck said the program is being designed to make certain there is no break in service and no impact on Montgomery G.I. Bill benefits already "banked" by a servicemember.

The procedure is generally expected to operate like this:

The Army will first match its needs to the skills in other services. An outgrowth of that effort will be the identification of places where that audience is concentrated, so that an orientation team can be

scheduled to visit that base. The team would then meet with interested servicemembers and their families and explain the options.

Following a short presentation, one-to-one dialogue would be encouraged with team members on the spot — some from the Army's Recruiting Command, who can explain the mechanics of the program, and some from operational Army units eager to explain the Army today. The Blue to Green Web site also is being expanded to include chat rooms.

"We are eager to tell our story," said General Hagenbeck, "and we'll take whatever time a person needs to make a fully informed choice and to be comfortable with their decisions. ... We look forward to that dialogue."

Once a person's eligibility is confirmed, the losing service would be contacted to effect an agreement to release. New service agreements would be drafted, and the Sailor or Airman would make the move.

In many cases, they would carry a directly transferable skill. Otherwise, training in the new skill would be scheduled as part of the move. In order to qualify, the Sailor or Airman must be eligible for re-enlistment, must be physically fit, and meet Army height and weight standards.

If the skill is transferable, the new Soldier would be scheduled for a new, four-week warrior transition course, where he or she will be offered a curriculum that provides essential skills and abilities needed in the new service. Topics would include an orientation on organization, rank, uniform wear and career progression.

The first course is scheduled to start in September at Fort Knox, Ky. It is planned as transition training, not boot camp, officials said.

Those transitioning to a new skill, particularly in combat-arms areas like special operations, would participate in the full range of developmental training to hone current talents and provide a new set of skills and abilities.

Officers would not attend a warrior course, but would normally attend training unique to their branch depending on their grade and experience.

Upon transfer, new Soldiers would be eligible to compete for promotion so long as they meet Army minimums, which can be years shorter than other services.

The Army's recruiting goal for fiscal 2005, which begins in October, is about 80,000. Of that number, the Army hopes to recruit at least 8,000 prior-service troops.

## Tops in Blue formulates musical potion at Creekwalk

### 60th Services Squadron

Singing, dancing and great family fun is in the cards as Tops in Blue, the premiere entertainment showcase of the United States Air Force will perform at 8 p.m. Sept. 1 at the Creekwalk in downtown Vacaville.

The highly acclaimed 2004 edition of Tops in Blue, entitled "Musicology," is an intricate mixture of the musical sounds of America.

Through the creative use of today's technology, talented airmen will present a fun-filled, action-packed performance showcasing hits with their own special spin.

Bigger and better than ever, the 2004 Tops in Blue team is entertaining worldwide audiences with music and fun for the entire family.

In this year's show, Tops in Blue creates their very own musical formula.

They combine the swing sound of the Brian Setzer Orchestra and the groove of Chaka Kahn with



the harmonies of the Commodores and energy of Madonna.

Then they add in the blues of Ray Charles, the country of Martina McBride, the emotion of Celine Dion and the craziness of the Blues Brothers.

They shake well and pour into a stage setting of incredible lighting and choreography to present a savory delight to the senses.

The world-renowned Air Force's Expeditionary Entertainers will satisfy all musical tastes with a musical mixture that's sure to entertain.

After celebrating their 50th Anniversary in 2003, Tops in Blue

2004 keeps up its whirlwind tour schedule by visiting all the bases throughout the United States and more than 23 foreign countries.

Their aggressive tour schedule spans over 130 locations and 150 shows including entertaining forward-deployed troops in various locations in Iraq, Qatar, Afghanistan and Kuwait.

The Tops in Blue '04 Tour is sponsored in part by Coca-Cola and AT&T. This is Coca-Cola's first year of financial support while AT&T has sponsored the Tops in Blue program for 13 consecutive years.

As a bonus, one lucky fan at each performance will win a 1,000-minute AT&T calling card. Additionally, all entries received during the show will have a chance to win prizes in the AT&T Million Minute Giveaway Promotion during 2004.

This year's Tops in Blue team is indeed a reflection of the "Best of the Best." The show is guaranteed to touch the hearts of everyone and will remind each American what we stand for.



Courtesy photo

Tops in Blue, one of the Air Force's premiere entertainment groups, will be performing at the Creekwalk in downtown Vacaville Sept. 1 at 8 p.m.

# Airmen begin structural analysis of C-5A

By Lanorris Askew

Warner Robins Air Logistics Center Public Affairs

**ROBINS AIR FORCE BASE, Ga. —** Rolling up their sleeves, people from the 653rd Combat Logistics Support Squadron set about cutting through the skin and muscle of a C-5A Galaxy this week to remove the giant wings and lend a hand to those evaluating the aircraft's viability for the future.

Inspections began last year on a Galaxy, tail No. 69004, but the actual tear down process is now under way, said Buc McRory, structures engineer for the strategic airlift directorate and lead engineer for the project.

"This is an engineering structural analysis project, and we've employed the 653rd CLSS to help us cut the plane apart," he said.

A 10-member team of aircraft battle-damage specialists began work in November on the aircraft, one of 14 C-5As selected for retirement by the Air Force.

Master Sgt. John Manna, 653rd CLSS project team chief, said they began by removing "save-list" items, or items needed in the Air Force inventory to produce spares for the supply system. They are now working to remove the larger components from the aircraft such as the wings.

"We're helping to support the C-5 system program office with any parts they need to get their airframes out on time with the save-list items we removed, and we're helping the Air Force with the study," he said.

Sergeant Manna said this is the first study of this kind ever done on the C-5A models.

There are structural technicians, crew chiefs, electricians, fuels specialists, guidance and control technicians and hydraulics specialists working on the aircraft, he said.

Although their primary mission is aircraft battle-damage repair and doing drop-in maintenance, this new mission is one they are taking on with confidence.

"This is totally different from what we usually see on a day-to-day basis," said Sergeant Manna.

He said this job is a little harder because they have worked on C-130 Hercules and other aircraft, but this is their first C-5.

"The team is doing a great job," he said. "So far everything is going as scheduled and on time."

"This is really tough, dirty work in the best of conditions and working in the heat and humidity makes it ever tougher," said Mr. McRory. "But these men are professionals. They display teamwork at its finest."

Sergeant Manna said their goal is to get all of the major components cut and shipped by the end of the year.

According to Mr. McRory, the study came at the request of Gen. John W. Handy, Air Mobility Command commander, to determine if the aircraft's structure is living up to predictions made in its original design.



Photo by Sue Sapp / AFPM

Senior Airman Aaron Cooper saws through the wing of a C-5A Galaxy as part of an engineering structural analysis project. Airman Cooper is assigned to the 653rd Combat Logistics Support Squadron at Robins Air Force Base, Ga..

# Housing

## Vandalism concerns

A growing concern in the housing area lately is vandalism. There are two causes for this: School is out for the summer and there is a growing number of empty houses on base. As a team, the housing community can get through this challenge. All occupants should be active in their neighborhood watch programs and contact their village mayors or Security Forces when they see suspicious activity. Occupants experiencing vandalism should immediately contact the 60th Security Forces Squadron. Parents should also closely monitor their children and even question them for information.

## Yard sale policy

People are not following established rules and are receiving tickets. Twelve tickets have been issued in the past two weeks. The Travis policy for yard sales is specific.

First, advertisements of garage sales or yard sales may be made through the Shoppette's advertising board at the entrance of its parking lot and/or the *Tailwind*. If you would like to place an ad as in the *Tailwind*, submit in person a "Tailwind Free Swap Ad", (provided in the paper with the swap ads) and drop it off at the 60th Air Mobility Wing Public Affairs Office, Bldg. 51, on Brennan Circle (next to the Travis Air Museum), room 231, telephone number 424-2355. Any ad must be submitted to the Public Affairs Office before noon Monday.

Second, no yard sale signs will be posted on Travis other than a standardized sign issued solely by the U-Fix-It store. Posting any kind of signs on utility poles is not permitted according to the California Utilities Commission's Code of Regulations. Prior to conducting a yard sale, the occupant must get authorization through the U-Fix-It store. Upon authorization, occupants will

receive a standardized "Yard Sale" sign.

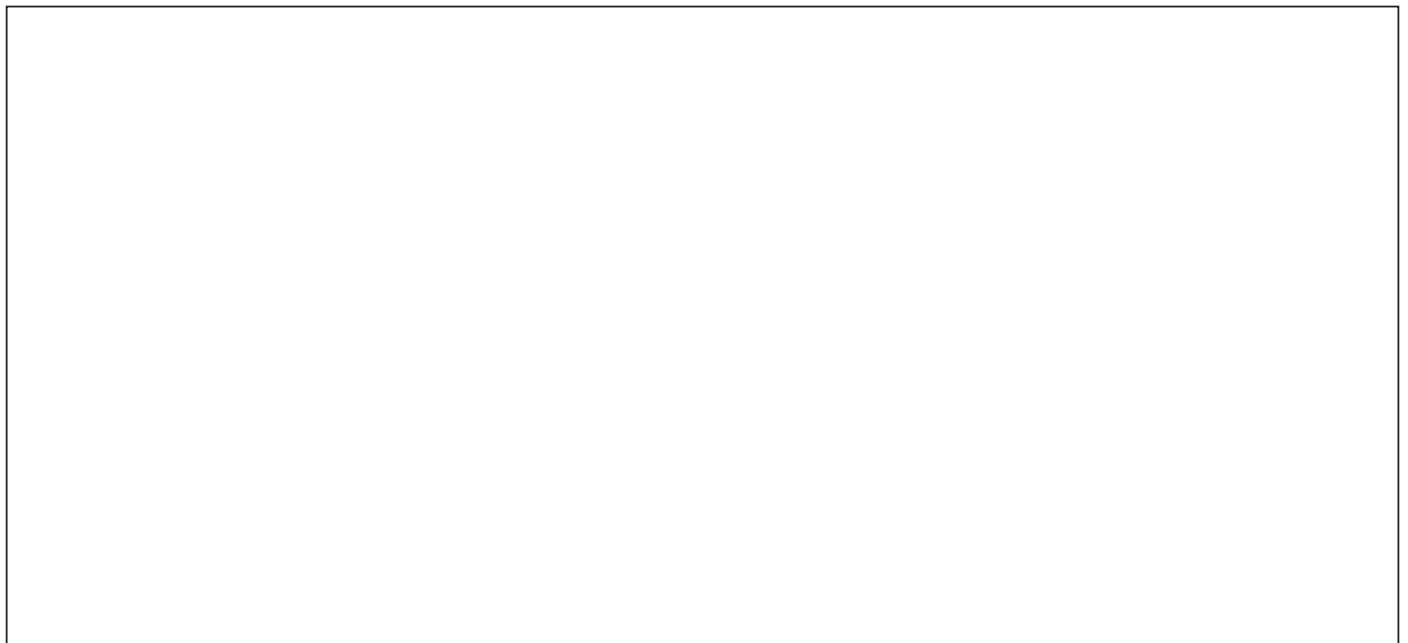
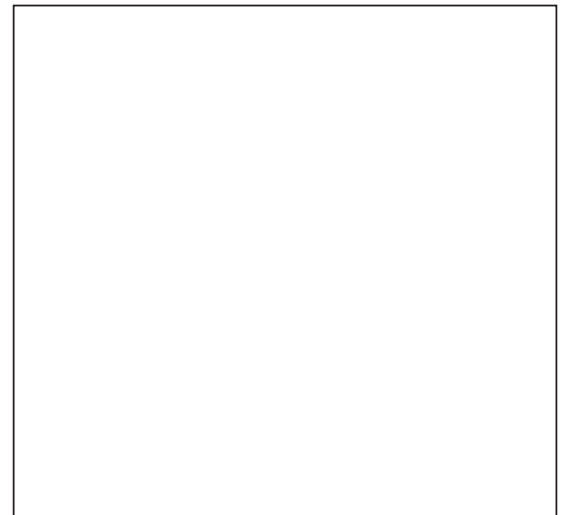
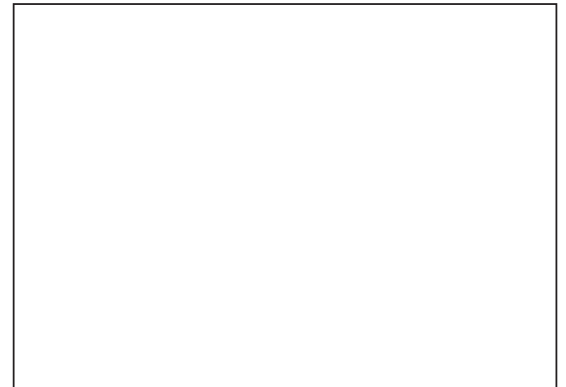
This will be the ONLY sign allowed to advertise a yard sale. No other type of signs will be authorized. This sign is attached to a metal stand and will be placed in the occupant's yard. Signs will only be displayed the day(s) of the sale and must be removed promptly at the end of the sale period. Sale items may be placed or displayed not earlier than the same day of the sale and removed at the end of the sale period. Sale period is limited to two consecutive days. All items must be removed by 5 p.m. at the end of each day. Assure that customers do not block the streets.

Also, be aware that families may not conduct over three approved garage or yard sales per year and approval is only received through the U-Fix-It Store when yard sale signs are issued.

Violation of this policy will result in the occupant receiving a "warning ticket." These tickets will be filed in the occupants Housing folder. Two warning tickets within a one-year period for yard sale related issues will result in a failure which counts toward the Travis Standardized Housing Inspection system.

## Inspection results:

Warnings: 98  
First Time Failures: 44  
Second Time Failures: 5  
Third Time Failures: 0



# Air Force releases active duty demographics

## Air Force Personnel Center

The following is a snapshot of the active duty servicemembers who make up the Air Force:

### Active duty personnel

- » 74,275 officers and 302,651 enlisted personnel.
- » The Air Force has 13,644 pilots, 4,703 navigators, 1,247 air battle managers and 37,330 non-rated line officers in the grades of lieutenant colonel and below.

### Sex

- » 19.6 percent of the force are women.
- » 18.2 percent of the officers are women and 19.9 percent of the enlisted corps are women.
- » 60.9 percent of the female officers are line officers; 39.1 percent are non-line.
- » 85.2 percent of the male officers are line officers; 14.8 percent are non-line.
- » The population of women is 73,907.
- » Women first began entering pilot training in 1976, fighter pilot training in July 1993 and navigator training in 1977.
- » Currently there are 550 (4 percent) female pilots and 204 (4.3 percent) female navigators.

### Race

New U.S. government rules now provide Airmen the chance to associate themselves with multiple race groups.

The following percentages cover self-reported Air Force military members' racial information.

- » .5 percent reported their race to be American Indian or Alaska Native.
- » 1.8 percent reported their race to be Asian.

- » 15.4 percent reported their race to be Black or African American.

- » .4 percent reported their race to be Native Hawaiian or other Pacific Islander.

- » 75.2 percent reported their race to be White.

- » .9 percent reported their race to be more than one of the categories.

- » 5.8 percent declined to report their race.

### Ethnicity

"Hispanic or Latino" is now considered an ethnic, not a racial, category that is registered separately and in addition to the above racial categories.

- » 7.4 percent of airmen call themselves "Hispanic/Latino."

- » 90.9 percent "not Hispanic/Latino."

- » 1.7 percent declined to respond.

### Age

- » The average age of the officer force is 35; for the enlisted force it's 29.

- » Of the force, 41.9 percent are below the age of 26.

- » 48.8 percent of enlisted are below 26 versus 13.6 percent of officers.

### Marital Status

- » 58.6 percent of the current force is married

- » 70.9 percent of the officers are married and 55.5 percent of the enlisted.

- » There are 21,445 couples in the Air Force with both spouses in the military.

- » 1,457 of these are married to members of other military services.

### Family Members

- » Active duty members supported 558,474 family members.

- » 440,543 are family-members-in-household.

### Academic Education

- » 49 percent of the officers have advanced or professional degrees.

- » 39.4 percent have master's degrees, 8.3 percent have professional degrees and 1.4 percent have doctorate degrees.

- » 22 percent of company grade officers have advanced degrees; 16.1 percent have master's degrees, 5.6 percent have professional degrees and .4 percent have doctorate degrees.

- » 86.7 percent of field grade officers have advanced degrees; 71.7 percent have master's degrees, 12.1 percent have professional degrees and 2.9 percent have doctorate degrees.

- » 99.9 percent of the enlisted force have at least a high school education.

- » 73.8 percent have some semester hours towards a college degree.

- » 14.1 percent have an associate's degree or equivalent semester hours.

- » 4.3 percent have a bachelor's degree.

- » .6 percent have a master's degree.

- » .01 percent have a professional or doctorate degree.

### Overseas

- » 21 percent of the current force is assigned overseas (including Alaska and Hawaii)

- » 11,146 officers and 67,901 enlisted personnel.

### Total Active Federal Military Service

- » The average total active federal military service is 11 years for officers and 8 years for enlisted.

### Component

- » 42.1 percent of the officers have a Regular commission.

- » 42.6 percent of the line officers have a Regular commission.

### Source of Commission

- » 19.5 percent of the officers were commissioned through the Air Force Academy, 41.2 percent through Reserve Officer Training Corps and 22.3 percent through Officer Training School.

- » The remaining 17.1 percent were commissioned from other sources (direct appointment, etc.).

### Total Civilian Strength

- » There are 143,886 civilian employees.

- » 75.7 percent are "white collar" and 24.3 percent are "blue collar."

## HOMETOWN NEWS RELEASES

Fill out the Department of Defense Form 2266 and bring it in to the Public Affairs Office in Bldg. 51, Room 232.

# Motorcycle safety important part of

By Airman 1st Class Katie Booher  
5th Bomb Wing Public Affairs

**MINOT AIR FORCE BASE, N.D.** — Since the start of the “101 Critical Days of Summer,” at least 16 Airmen have been injured or killed in motorcycle accidents, primarily because they lacked proper training or were not wearing all the required safety gear when they went down.

Rod Krause, the 5th Bomb Wing safety office manager here and a motorcycle enthusiast, said the policies and clothing regulations are not meant to deter people from riding; they are in place to keep people safe.

“The rules are going to protect [a person] because the riding environment is more hazardous on a motorcycle than if [he or she] were riding in a car,” he said. “People aren’t watching out for bikers, which makes bikers more vulnerable for traffic mishaps.”

Before a person ever steps foot on a showroom floor, he or she should consider the necessary training and complete that training before driving a new bike home.

“To operate a motorcycle on or off duty, on or off base, active-duty members must successfully complete a Motorcycle Safety Foundation course, either the basic rider’s course or the experienced rider’s course” Mr. Krause said.

Once people go through that training, they must go through a one-on-one motorcycle briefing with their squadron commander to demonstrate they understand exactly what they are dealing with, he said.

Along with the training comes the amount of personal protective equipment a person must wear when riding, said Mr. Krause.



Courtesy photo

Wearing proper safety gear, such as a helmet with visor, while riding or operating a motorcycle can prevent or minimize injuries related to an accident.

“A Department of Transportation-certified helmet must be properly worn and secured, and the goggles and face shield must be impact or shatter resistant. A windshield or eyeglasses alone aren’t proper protection,” he said. “Over-the-ankle boots or shoes are strongly suggested, and a long-sleeve shirt or jacket and full-fingered gloves or mittens designed for use on a motorcycle must be worn.”

One of the biggest questions the safety office receives is on what riders must wear on their upper

body, said Mr. Krause.

“A brightly colored upper outer garment [must be worn] during the day, and a reflective upper garment [must be worn] during the night. The outer garment must be clearly visible,” he said. “Black leather jackets alone aren’t enough; something must be worn on top of the jacket to make it highly visible.”

Those who chose not to abide by the rules and clothing regulations can face military punishment if they are caught, said Mr. Krause.

“If you get hurt while riding a bike and you’re not wearing this gear, you could be held liable under the line-of-duty determination,” he said. “Beyond being in trouble with the commander for disobeying a direct order, you could be stuck with the medical bills.”

The rules apply both on base and off for active-duty Airmen. Civilians are only required to follow these rules when they ride on base or use their motorcycle for official government use.

“If [Department of Defense or nonappropriated fund civilians are] going to use their bike for official duties off base, they must attend a safety class,” he said. “[For example] if I need to make an office supply run downtown during the day, I must wear all the equipment, but once I hit the gate at 4:30 p.m., I can wear [shorts and a T-shirt] if I want to.”

Personnel who own, or are thinking of purchasing a motorcycle and operating it on Travis must successfully complete a Motorcycle Safety Foundation course. For more information, or a schedule of course availability, call the Traffic Safety Office at 424-4616

The SWAPADS deadline is noon Monday for that Friday's TAILWIND. Ads can be dropped off in Bldg. 51. Submissions do



Check out Air Force  
online news at

## CRIME STOPPER

### TRAVIS SECURITY FORCES ACTIVITY

#### July 26

Failure to obey, insubordination at the Hospital Gate  
911 Medical emergency at the Passenger Terminal parking lot

#### July 27

911 Medical emergency at the Commissary  
911 Medical emergency at Bldg. 680 Base Supply  
Burglary in the housing area

#### July 28

Damage to government property at the Bldg. 404 parking lot  
Damage to private property at the Bldg. 404 parking lot

#### July 29

Welfare check at Bldg. 1355

#### July 30

Suspicious package at Bldg. 241  
Damage to government property at Bldg. 1354

#### July 31

Minor vehicle accident at the Commissary parking lot  
Damage to private property on Main Street  
Domestic disturbance/assault in the housing area  
911 Fire emergency on Esterbrooke Street

#### Aug. 1

911 Medical emergency at Diablo Drive  
911 Response to a loud noise complaint at Bldg. 1328  
Loud noise complaint at Bldg. 1304



**Sept. 18 from 6 p.m. until sunset**

**There will be flyovers by historic and current aircraft, music by the Band of the Golden West and a formal retreat ceremony.**

**The guest of honor for the event is Col. Gail Halvorson, USAF retired.**

# Travel system goes on-line soon

By 1st Lt. Lindsay Logsdon  
60th Air Mobility Wing Public Affairs

The official DOD temporary duty travel system, the Defense Travel System, will launch at Travis Nov. 5, requiring all active duty and civilian travelers to create and file travel vouchers online.

Initial planning and implementation of the Web-based service began in June, and commanders are currently appointing organizational defense travel administrators within their squadrons and units.

First envisioned in the mid-1990s, the Northrop Grumman developed system debuted in 2001 at 27 pilot sites and at 232 other sites across DOD, and is already supporting thousands of military and civilian personnel.

"DTS is going to be an end to end system to prepare your orders, file your travel voucher, make your reservations for lodging and commercial airline and rental car," said Lt. Col. Mary Ensminger, 60th Comptroller Squadron commander. "It will be a streamlined [TDY] process for travelers."

Among the benefits DTS brings to travelers, authorizing officials, managers and commanders, those most touted include: fast, electronic reimbursement of travel expenses; approvals and certifications tied directly to the mission; a significant reduction in time spent administering travel; reduced

paperwork; and the automated payment of government charge cards.

"It uses the same concept as Expedia.com and Travelocity. You pick the flight you want then you move on to rental car," said Staff Sgt. Laura Moore, lead DTS administrator. "It is very user friendly and not complicated like other travel systems."

Starting in November the system will impact business travelers, those needing flight orders and any [local] travel," said Colonel Ensminger. "Anyone on those types of travel orders will be expected to use DTS once we have implemented the system in their unit."

Future enhancements of DTS will include orders for training, deployment and permanent change of duty station. At a future date DTS will also be implemented for Guard and Reserve organizations.

Although DTS will do the computation and "foot work" for the Comptroller the true manpower savings will not be seen until the system is fully implemented.

"We won't be as involved as we currently are in processing travel vouchers," said the colonel. "But from a percentage stand point there is still a lot of traveling that will be done in the interim requiring us to still manually process vouchers."

Not only will DTS save manpower hours and improve efficiency but it will also put com-

manders in direct control of their respective units' finances.

"Commanders now have the decision making power over their checkbook," said Sergeant Moore. The system has structured limits with checks and balances built in. "[The regulation] is not nearly as intricate or complex as it used to be," said Sergeant Moore.

In preparation of the Web-based launch of DTS, the lead administrator attended a three day Northrop Grumman Missions Systems conference in Virginia and five days of certification training at Shepard AFB, Texas.

The next step in this process is for commander's to appoint competent organizational defense travel administrators who will serve as the first line of help once DTS is launched.

"The ODTAs will be key for getting everyone in the unit on board with DTS and they will be the first person [unit members] will go to for help," said Colonel Ensminger. Training for ODTAs will begin in September.

"I know we have people [at Travis] who have been to other bases and had experience with other automated travel systems such as FAST or PerDiemAmazing, but the nice thing is DTS is finally it," said Colonel Ensminger.

For more information on DTS visit [www.defense.travel.com](http://www.defense.travel.com) or call the DTS help desk at 424-5449.

## Knowledge is power!

Read a book at the base library.

## ATWIND game hits final stride

### 60th Services Squadron

The annual Around the World in Ninety Days promotion is in full force at Travis Air Force Base. Players of all ages are logging on to [www.60thServices.com](http://www.60thServices.com) and clicking the ATWIND icon to register their game pieces for a chance to win over 7,000 prizes including a Saturn Vue, Ion, or L300, Thomasville furniture gift certificates, tickets on US Airways, Services Bucks, and more.

Playing ATWIND is easy and winning is even easier. Just stop by participating facilities on base to earn your game pieces, register them online, and sit back and win. Check out the full list of facilities and events offering game pieces online at [www.60thServices.com](http://www.60thServices.com).

August ATWIND highlights special "ATWIND Days" at select Services facilities. Stop by and get your game piece at the following:

- » Saturday at the Travis Aquatic Center  
Enjoy ATWIND Swimming Day and

receive one game piece per paid participant. You can also receive game pieces by signing up for water aerobics class or swimming lessons.

- » Aug. 13 at the Travis Skating Rink  
Have fun at the Late Night Skate and receive a game piece. Each advanced paid registration for the event receives two game pieces!

- » Aug. 14 at the Skills Development Center

Stop by for ATWIND Skills Development Day and receive a game piece per eligible transaction for any service offered at the Auto Skills Center, Frame Shop, or Wood Hobby Shop.

Get ready for the ATWIND Picnic-the largest base picnic of the year August 27 from 10 a.m. to 3 p.m. There will be food, fun, and festivities for the whole family. You can also earn ATWIND game pieces at select locations throughout the picnic. For details, log onto [www.60thServices.com](http://www.60thServices.com)



Courtesy photos

Tech. Sgt. Mike Melton, a member of Travis Firefighter Combat Challenge team, uses a mallet to move a large piece of metal during a portion of the Firefighter Combat Challenge.



(Left to right) Senior Airman Brendan O Neil, Adam Groom, Staff Sgt. Jelani Brooks, Staff Sgt. Frank Abreu and Tech. Sgt. Mike Melton Team Travis relay team 1st place winners at a recent Firefighter Combat Challenge held in Fremont, Calif.

## Travis firefighters capture challenge trophy

### Tailwind staff

Team Travis, made up of firefighters with the 60th Civil Engineer Squadron's Fire Prevention Flight, recently dominated a Firefighter Combat Challenge held in Fremont, Calif.

The team took overall first place, Dave

Chiodo took first place in the over 50 category, Shenah Flores took first place in the women's category, and Staff Sgt. Frank Abreu took second place in the individual men's category.

"The team did great and had support from Travis personnel who traveled to the competition," said Peter Dolan, fire chief.

Base Honor Guard represents the best of the Air Force, honor their own as they perform in parades, color guards, military funerals and retirements

# Solemn duty

Story and photos by 2nd Lt. Lindsay Hahn  
60th AMW Public Affairs

Selected to represent the base, community and nation, about 150 of Travis' top Airman take time out of their regular duties to perform in parades, color guards, military funerals and retirements as a member of the honor guard.

Although honor guard membership is selective, any Airman, officer or enlisted, is eligible to join. Most inquiries are directed through squadron first sergeants and the process to join starts from there. Currently members from 40 different squadrons from both the 60th and 349th air mobility wings are represented in the honor guard.

After a rigorous one week training period, new honor guard members are issued their uniforms and assigned to one of six honor guard flights. Each member spends two weeks on honor guard duty and then returns to their regular squadrons for ten weeks; continuing the cycle for a one-year obligation.

On a typical day, a flight will serve at one to three funerals from as far south as Fresno to three hours north of Sacramento.

The detail, made up of six bearers, a bugler, a seven-man firing party, a firing party commander and a detail commander, will perform military honors for any active-duty, veteran or retiree's funeral. Some days a detail will spend 12 to 15 hours performing and traveling. They may also perform in parades, retirement ceremonies, on-base weddings, changes of command or any other activity that represents the base and Air Force on any given day.

Primarily responsible for military funerals, though, the task is sometimes emotionally and physically draining, but the honor guardsmen keep their duties in perspective.

"All I have to do is see the people at the funerals and you forget all about the hot sun and standing for hours at attention. It's a great feeling to see what we do for the families and I think I keep coming back because of it," said Master Sgt. Carol Robideaux, reserve honor guard staff member, 349th Honor Guard.

During the span of a year, a typical member serves on an average of 40 to 50 details. However, many volunteer to perform extra details when the honor guard gets an excess amount of requests or on holidays such as Independence Day and Veteran's Day when the honor guard will do up to 20 performances in one day.

Recognized by General John Handy as one of the best base-level honor guards in the country, the unit received Air Force-level recognition two years in a row. Master Sgt. Laurence Maier, superintendent of the 60th honor guard credits the dedication of the members for their success.

"Everybody's pretty much hand-selected so I'm really working with the best of the best. The motivation level is always high and people put in huge amounts of hours and dedication with a smile on their face which is not something you necessarily see all the time back in the [operational] squadrons," said Sergeant Maier.

Another reason for their success is the relationship between the 60th and 349th wings.

"It really sets us apart because both reserve and active duty members train and perform side by side. We couldn't maintain our mission without the support of the 349th, as they are about 25 percent of our whole numbers but they do about 30 to 35 percent of our work," said Sergeant Maier.

The honor guard is also in the process of developing a 15-member drill team. The team has already demonstrated their skills during eight details including one in front of former chief of staff, General Merrill McPeak, at a recent retirement ceremony.

"It's fun, I'd suggest everyone do honor guard at least once in their career," said Staff Sgt. Paul Ellis, drill team instructor, 60th honor guard.

Even though it is hard work, serving on the Travis honor guard truly is an honor.



Members of the Delta rotation of the Travis Honor Guard prepare for duty.





prepare to fold the American Flag during a funeral ceremony in Sacramento, Calif., for a retired servicemember



(Above) Honor Guard members with the Delta rotation prepare to fire the traditional 21-gun salute to honor a fallen veteran. (Left ) Senior Airman Joseph Finch plays taps following the 21-gun salute at a military funeral ceremony.



# NEWS NOTES

## TRAVIS AIR FORCE BASE

### Road closure

A portion of Perimeter Road will be closed from through Dec. 15 for repairs. The section of road that will be closed extends from the Firing Range to the RAPCON Center.

Due to heavy construction during this time period, POVs will be restricted from this area. Runners will also be prohibited from this area until completion of the project.

### Donations for Pakistani children

Passenger services is collecting new and serviceably used backpacks, pens, pencils, notebooks, markers, chalk, rulers and any other school supplies for children in need in Pakistan.

They are also accepting

monetary donations to defray the cost of mailing. The deadline is Monday. For more information, call 424-4044.

### 60th AMW commander's call

Col. Lyn Sherlock, 60th Air Mobility Wing commander, will host two commander's calls Monday at 10 a.m. and 2:30 p.m. at the Base Theater for all active duty members and civilian employees.

### Education and leadership opportunities

Individuals interested in applying to the United States Air Force Academy but need to build up their mathematics and english skills may first apply to the Academy's Preparatory School.

This school is designed to help applicants who have an

overall excellent academic record meet the Academy's admissions requirements through intensive instruction in English, military customs and courtesies and physical training.

Upon graduation, most students are offered admission to the Academy the following school year.

Individuals interested in learning more about the USAFA and its preparatory school should attend the commissioning briefing on the first Wednesday of every month at 10:30 a.m. in room B-211 of the Education Center, or call 424-3444.

### FTAC NCOIC needed

The Travis First Term Airman Center is looking for a sharp technical sergeant to fill the challenging position of FTAC NCOIC.

Technical sergeants interested need to contact their unit First Sergeant no later than, Sept. 3 for an in-place date of Oct. 1. The NCOIC billet is a one-year special duty position.

The NCOIC administers a structured program to transition 600 plus Airmen annually to their first mission-oriented environment.

This program reinforces military lessons first-term Airmen learn and experience in basic military training and technical training school.

Additionally, the NCOIC will supervise senior airmen and staff sergeants serving 60-day rotations as FTAC flight leaders.

For additional information, contact Master Sgt. LeVander McGinnis at 424-4801.

### Volunteers needed

Share the freedom that reading brings to life. Help an adult learn to read with the Adult Literacy Program or read aloud in medical clinics to parents and their children with the Reach Out and Read Program. The Solano County Library Literacy Services is looking for and provides training and materials to volunteers.

Training begins soon. Call

1-800-450-7885 or 707-432-1995 to register.

### Health Care Advisory Council meeting

The 60th Medical Group will host their next quarterly Health Care Advisory Council meeting Tuesday from 1 to 3 p.m. in the David Grant USAF Medical Center Auditorium, located on the 1st floor across from the DGMG dining hall. The HCAC's purpose is to inform active duty members, retirees and their beneficiaries of current and upcoming changes of service within the medical center and provide up-to-date information on the TRICARE program. This forum provides you the opportunity to interact directly with the Medical Group commander and the staff of DGMG. We welcome your feedback to help us improve the delivery of patient care and services within DGMG. For more information, contact Mary Brown, director of TRICARE marketing at (707) 423-7904.



Photo by Senior Airman Matthew Bates / 60th AMW Public Affairs

Special Agent Curtis Filbert hands out brochures about Eagle Eyes at the Commissary Aug. 3. Eagle Eyes encourages residents to keep an eye out for suspicious or out-of-place people and behavior and to report what they see. For more information, call 424-3293.

## COMMUNITY BRIEFS

### TRAVIS AIR FORCE BASE

#### Announcements

##### Youth soccer begins

Youth ages 5 to 16 are invited to sign up for the fall soccer season. Registration is \$40 and includes photos and a uniform shirt. Coaches and assistant coaches are needed. For more information, call 424-5392.

##### Horse Show

Watch members of the Travis Equestrian Center compete Aug. 14 starting at 7:30 a.m.

##### Late Niter

Dance till dawn at the Delta Breeze Club's Late Niter Aug. 14 from 10 p.m. to 3 a.m.

##### Teen Sailing Trip

Teens who would like to spend the day ocean fishing off the deck of the Huli Cat have until Aug. 11 to sign up at the Youth Center. The trip is planned for Aug. 16 and is limited to 18 teens. The bus leaves at 3:30 a.m. to set sail at 6 a.m. on the 53-foot fishing vessel berthed at Half Moon Bay. The cost is \$20. Each participant receives a T-shirt and a medalion. For more information, call 424-4392.

#### Weekly Events

##### Today

▲ Delta Breeze Club members now have a second chance to win the weekly club card drawing pot. Six additional names will be drawn every Friday from 4:30 to 5:30 p.m. in both the Officers and Enlisted Lounges.

##### Sunday

▲ Get out into nature this Sunday with a white water river rafting trip through Outdoor Adventure Program. For more information, call 424-5659.

##### Monday

▲ Spouse Employment Orientation class is from 9 to 10 a.m. for newly arrived spouses. Topics include employment and career development programs at the Family Support Center. For more information, call 424-2486.

##### Tuesday

▲ This week a guest speaker will read *Pig Pig Goes To Camp* and *Arthur Goes To Camp* at the Mitchell Memorial Library storytime. Afterwards the children will make paper bag frogs.

To volunteer to read at storytime call 424-3279.

▲ The Family Support Center Readiness NCO will conduct Personal Preparedness Briefings at 8 a.m. and 2 p.m. for those tasked with TDYs or contingencies. For more information or reservations, call 424-2486.

▲ Resume Writing Skills class is from 8 a.m. to 12 p.m. Learn how to write resumes that get interviews. Fundamentals include effective formats, cover letters, and marketing plans. Individual resume review sessions available by appointment.

##### Wednesday

▲ Women, Infants and Children representatives will be at the Family Support Center from 8:30 a.m. to 4 p.m. by appointment only. For more information, call 435-2200.

▲ A retirement planning workshop is from 8 a.m. to 4 p.m. at the Family Support Center. For more information, call 424-2486.

▲ Watch some of the best talent compete for the grand prize of \$750 at the Delta Breeze Club Travis Idol competition at 6 p.m.

##### Thursday

▲ The Family Support Center Readiness NCO will conduct Personal Preparedness Briefings at 2 p.m. for those tasked with TDYs or contingencies. For more information or reservations, call 424-2486.

▲ Spouses of deployed military are invited to a specialty meal at Sierra Inn from 4:30 to 6:30 p.m. For more information, call 424-0906.

▲ Women, Infants and Children representatives will be at the Family Support Center from 8:30 a.m. to 4 p.m. by appointment only. For more information, call 435-2200.

▲ A retirement planning workshop is from 8 a.m. to 4 p.m. at the Family Support Center. For more information, call 424-2486.

▲ Employment Interviewing Skills I class is at the Family Support Center from 8 a.m. to noon. Learn successful interviewing techniques, how to answer difficult questions and more.

#### Weekly

▲ All those separating or retiring from the service must attend a mandatory pre-separation briefing at the Family Support Center. This briefing must be conducted prior to 90 days before actual discharge date. The four-day TAP workshop does not preclude members from attending this briefing. Briefings are conducted every Wednesday at 8 a.m. and 10 a.m. for separating members and 12:30 the first and third Wednesdays of each month for retiring members. Reservations are required and can be made by calling 424-2486.

▲ Registration is on-going for the 2004-2005 "formal" year of formation. Returning individuals and newcomers are encouraged to call Ms. Mary Ellen Rosenberg at 424-4795. Programs are available for kindergarten through Confirmation, Youth Group, and Adult Formation. St. Michael's also has an RCIA program for those wanting to become a member of the Catholic Church.

**Classifieds work!**  
**Call 425-4646**



#### Tonight

6:30 p.m. *The Notebook* Based on a Nicholas Sparks novel, this drama chronicles an enduring love that withstands both war and dis-ease. It begins in a nursing home, where a man arrives every day armed with a notebook from which he reads stories about a couple, Noah and Rachel, to an unresponsive woman. Who are the characters in the book, and why does the stranger insist on reading about them aloud? (PG13)

9 p.m. *White Chicks* After the super-rich Wilton Sisters ruin a drug bust in this zany comedy, two African-American FBI agents are put on the case to protect the sisters from the kinglypins they've angered. But the kooky agent stake it a step further by posing as the two white girls to

catch the bad guys, with hilarious results. (PG13)

#### Saturday

6:30 p.m. *White Chicks*  
9 p.m. *The Notebook*

#### Sunday

4 p.m. *Shrek 2* In this knockabout comic sequel to the animated smash hit *Shrek*, the audaciously ogre and his lady love Fiona return to her homeland to tell her parents the good news about their marriage. But Prince Charming is far from happy and has a few things to say about the new union. Other characters include the Fairy Godmother and Puss-in-Boots. (PG)

#### Tuesday

11 a.m. *Like Mike* (PG) Free

Travis movie schedules are subject to change after publication. For up-to-the-minute information, call 437-3855 or visit [www.aafes.com/ems](http://www.aafes.com/ems). Admission to the movie is free for ages 5 and below, \$1 for ages 6-12 and \$2 for ages 13 and

#### Protestant: Sunday

▲ Community Praise Service, 8 a.m., Chapel Center  
▲ Liturgical Worship Service, 8 a.m., Chapel One  
▲ Sunday School, 9:15-10:20 a.m., RE Bldg next to Chapel Center  
▲ Traditional Protestant Service, 10:30 a.m., Chapel Center  
▲ Gospel Worship Service, 11:15 a.m., Chapel One

#### Catholic:

▲ Daily Mass, Monday and Wednesday,

noon, David Grant USAF Medical Center Chapel; Tuesday, Thursday and Friday, 11:30 a.m., Chapel One (Catholic section)

▲ Saturday Mass, 5 p.m., Chapel One  
▲ Sunday Mass, 9:30 a.m., Chapel One  
▲ Sunday Mass, 12:30 p.m., Chapel Center

▲ Faith Formation classes are offered for K-8th grade, RE Bldg.

#### Jewish:

For Jewish information please call 1st Lt. Daniel Minkow at 424-0513.

For more information on these or other programs, please call Chapel Center at 424-3217.

## DV visit

Gen. Donald Cook, commander Air Education and Training Command, talks with Col.

Lyn Sherlock, commander 60th Air Mobility Command, after exiting a C-21 on the flightline here. The general visited Travis Thursday to meet with personnel at the bases detachment of the 373rd Training Squadron, which belongs to the AETC, and get a glimpse of its training programs.



Photo by Senior Airman Matthew Bates / 60th AMW Public Affairs

**Important Notice**

In the interest of base beautification, base housing residents are asked to refrain from putting up signs to advertise on-base yard sales. Posting yard sale signs on utility poles is a violation of 60 AMWI 90-3 and the California Utilities Commission's Code of Regulations. Do not post yard sale signs on utility poles around the base. Notices can be posted at the shoppette or announced in the *TAILWIND*.

**Garage Sale, 602 Valley View Way, many in-home child care supplies, Saturday, 8 a.m.**

**Multi-family yard sale, 119 Michigan Street, Saturday 8 a.m. to noon.**

**Yard sale, 110 Michigan Street, 8 a.m. to 1 p.m. baby clothes, BDUs, maternity clothes, baby toys and misc.**

**Yard sale, 617 Valley View Way, Saturday, 8 a.m. to noon, lawn mowers, dog kennels, clothes, 1953 Jeep.**

**Moving sale, everything must go, 514 Twin Peaks Drive, Saturday, 8 a.m. to noon.**

**Multi-family yard sale, corner of Clark and Fairview, Friday, Saturday, Sunday 8 a.m. to noon, toys and girls' clothes.**

**Yard sale, 102 Wyoming Way, Saturday, 8 a.m. to noon, baby furniture, exercise and misc.**

**Garage sale, 116 Wisconsin, Saturday, 8 a.m. to noon.**

**Vehicles**

1985 Cadillac Seville classic, silver, gray, leather, spoked-chrome wheels, 130k miles, \$4,998. Call 446-4200.

1989 Ford Brenlo XLT, 5.0 Liter,

4wd, all power, black, \$2,000. Call 209-612-3044.

1987 Yamaha Virage, 1100 cc, needs front-end clip. Call 209-612-3044.

2001 Dodge Dakota SLT, navy blue/silver, v6, 77k miles, \$10,499 obo. Call 707-439-1062.

1996 Honda Nighthawk, \$2,500 obo. Call 707-344-3152.

1985 Subaru GL wagon, 4wd, 196k miles, \$2,650 obo. Call 707-344-3561.

1992 Isuzu pickup, 118,000 miles, five speed, am/fm/cassette, a/c, camper top, trailer hitch, needs work, \$1,000 obo. Call 707-448-4416.

1996 Nissan Altima, dark blue, 87k miles, a/c, cd player, \$4,400 obo. Call 437-1356.

1997 Harley Davidson Sportster 120 Sport, \$7,000 obo. Call 439-1062.

1986 Mitsubishi pick-up truck, 122k miles, a/t, needs work, \$500 obo. Call 707-446-4941.

2002 Mercury Sable GS, black, ext warranty, 47k miles, \$9,500. Call 209-996-1610.

1987 Ford van, \$1095. Call 426-4266.

2000 YZ 125, seat cover and graphics new in package, \$2,600 obo. Call 439-0793.

**Vehicle Accessories**

Four Goodyear P265 17" tires, take-offs a 2003 Jeep Cherokee, \$200. Call 209-612-3044.

Lund stainless steel clamp-on grill screen with logo cut out for 2001 full-size GMC truck, \$45. Call 435-9223.

Four 17" Konig Verdicts w/ low profile tires, four lug, paid \$1250 asking \$600; Honda Civic H/B just put in an SI motor. Call 808-371-0108.

17" alloy wheels 5-lug, w/tires from Mustang 2000, also white spoiler; \$200 for rims. Call 707-386-1982.

**Miscellaneous**

KS Super II, Sears 35 mm camera two extra lenses/filters and flash, \$95 obo. Call 435-9223.

Polaroid PDC640 digital camera kit,

all cable software, ac adapter, plus extra memory card, \$75 obo. Call 435-9223.

Pet door for sliding glass door, \$70 obo. Call 707-448-3515.

Living room set, \$1,000; b-ball hoop \$25; queen mattress set \$50; lawn mower, less than a year old, \$100. Call 707-449-9281.

Rebound individual trampoline, book and video, \$75; flat screen, 15" monitor, \$95. Call 447-6024.

Antique electric organ, works, \$100 obo. Call 688-9042.

Twin captain's bed, \$15; gliding rocking chair, \$10; 12-gal. fish tank with stand and all supplies, \$30. Call 437-4079.

1.5 cu ft microwave \$40; sofa and loveseat set, one year old both for \$400. Call 455-1593.

Rubber stamps and stamping items for sale. Call 437-2927.

Nordic track pro, polar heart rate monitor, \$75 obo. Call 422-1186.

Computer desk, home interior pictures, dresser mirror, wood dinette table/six chairs, foot

massage/heater, tv-not cable ready, wicker stand, queen mattress/boxspring. Call 707-455-7423.

Studio piano, \$800. Call 439-9888.

Gibson freezer, 22.5 cu. ft. \$150 obo; lawn mower, \$50 obo; Whirlpool washer/dryer, \$150. Call 446-4941.

Pentium III 667mhz \$125; graco travel system; Viking pool cue \$75; Aiwa car stereo \$35; 10-gal aquarium. Call 439-1018.

Multi-color floral sofa, \$75; porcelain doll collection \$5-\$15 each; Curio cabinet 46" w x 15" d x 64" h, two doors, two drawers with locks, walnut colored, \$150. Call 429-0323.

Precious Moments, Noah's Ark complete set, \$240. Call 447-1987.

20 foot round by four foot deep pool, lifetime warranty, includes ladder, upgraded pump, and cover, level ground not needed, paid \$1650. Call 449-9378 or 330-4512.

Proform 485E elliptical machine, onboard computer tracks distance, cal. burned, speed, laps, time, asking \$100. Call 437-2056.

Two-bike rack, \$20; 13" tv/vcr combo, \$50. Call 707-344-3561.

24" girls mountain bike, 18-speed, six months old, asking \$60 obo. Call 707-437-2560.

Baby swing, \$15; collapsable bassinet, \$10; infant car seats, \$20; double stroller, \$40; umbrella strollers, \$5; baby monitor, \$10; crib mattress, \$10. Call 439-9464.

Violin, Louis 3/4", \$150. Call 453-0981.

Corner desk, \$40; wedding dress, size ten never worn or altered, \$50; golf club set w/bag, \$45. Call 208-1192.

**Furniture**

Pine bunk bed set, full/twin with drawers and mattresses, \$350. Call 599-6007.

Roll-top desk, dark-stained wood, will deliver locally, \$75 obo; twin bed w/mattresses, headboard and footboard, \$25 obo. Call 707-452-8665.

Captain bunkbed with matching dresser, desk and bookcase attachment, \$300 obo, must sell. Call 439-9442.

Leather sofa, loveseat and chair with coordinating coffee tables and lamps for \$500 obo, must sell. Call 707-208-1864.

Furniture moving sale, sleeper sofa, berline recycling sofa, kitchen table and benches, six-drawers dresser, kind size bed, washer, dryer and more, all best offer. Call 421-8852.

1970s style Thomasville oak china cabinet, 6'11" h by 4' by 10" wide, \$300, cash only, you haul. Call 437-5644.

Walnut informal dining room table with four chairs, \$70 obo. Call 453-0981.

Forever Mine crib, honey color, paid \$220 asking \$100 obo. Call 437-2669.

**Appliances**

Refrigerator side by side, automatic ice maker, 21.6 cu. ft. 66 5/8" H by 33" w by 29" d, \$1,500, asking \$299. Call 707-425-5679.

Hotpoint washer and electric dryer, about six months old, \$250. Call 707-208-0039.

Fridgidaire 18 cubic foot refrigerator, scratch on front, works fine, \$100. Call 439-0793.

Kitchenaid refrigerator, 21.9 cu. ft., adjustable glass shelves, slide out

freezer shelf, VG, \$200. Call 446-4615 after 5 p.m.

Refrigerator, side by side, white, \$100 obo. Call 447-7858.

**For sale**

West Sacramento, 3/2 w/den, FSBO, broker coop, Bridgeway Island home, \$380,000. Call 916-374-8701.

**For rent**

Room for rent in home with pool and jacuzzi, off Dickson Hill Rd, near transportation and shopping, single professional or retired preferred, no smoking, no pets, \$495/month. Call 425-9716.

Two roommates needed to share house in Natomas, laundry, garage included, \$600/month per room plus 1/3 utilities. Call 4150250-0387.

Two rooms available in three bedroom home, front/back yard, in house laundry 15 minutes from base, \$525/room, utilities included, avail now. Call 707-208-8862.

3bd, 2.5 ba, house for rent, 2844 sq ft, front and back landscaped, hardwood floors in kitchen/nook, next to park, no pets, his/hers walk in closet, \$2,000/\$2,000 deposit. Call 707-435-9224.

Roommate needed to share 2 bd/1.5 bath townhome. 1 mile from base, \$625/month + utilities. Available now. Call 208-4556.

House for rent, near main gate, three bd, 2.5 ba, 1-car garage, \$1,500/month. Call 408-315-2009.

**Pets**

Free kittens, black and white females, two silver tabby males. Call 429-0185.

Hamster with cage, \$20. Call 707-421-1279.

**Free**

Twin mattress; window A/C. Call 439-9888.

**Services**

Would like to take care of pets in exchange for goods in kind, lives on base. Call 290-3627.

**Tailwind Free Swap Ad**

To place a free classified ad, you must be military, civil service, retired or a family member. Complete the following form and leave it in the drop box at the 60th AMW Public Affairs Office, Bldg. 51, on Brennan Circle (next to the Travis Air Museum). The **DEADLINE IS NOON MONDAY** for the following Friday's issue. There is a maximum of 25 words and two ads per household per week. All ads must be legible. No ads for money-making businesses or the sale of firearms or firearm accessories will be accepted.

Name: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## AF athletes go to Greece

By Samantha Quigley  
American Forces Press Service

WASHINGTON (AFPN) — After years of hard work, only days remain before three Air Force athletes will compete at the 2004 Summer Olympic Games in Athens.

Thousands of athletes have begun arriving and checking into the Olympic Village, with opening ceremonies scheduled for Aug. 13.

Second Lt. Seth Kelsey, 22, of Brush Prairie, Wash., will compete in the men's epee fencing event. He is a 2003 graduate of the U.S. Air Force Academy, where he earned a degree in behavioral science. The lieutenant has earned Senior "A" World Cup bronze medals in Tallin, Estonia, in 2002 and Havana in 2003.

Capt. Kevin Eastler, 26, of Framington, Maine, will compete in the 20-kilometer race walk during the track and field portion off the games. He graduated from the U.S. Air Force Academy in 1999 with a degree in mechanical engineering. While he placed second in the 2000 Olympic trials, he was denied a spot in the games because he failed to earn an "A" qualifying time. At this year's trials he placed third with a time of 1:28:49.

First Lt. James Parker, 28, of Great Falls, Mont., is also competing during the track and field portion of the games. The lieutenant will compete in the hammer throw. He majored in exercise science at Utah State, where he was a state discus champion and two-time state shot put champ. Lieutenant Parker placed first in the 2004 Olympic trials and was the 2003 USA Outdoor champion.

## 60th MDSS upset soccer championships

Tailwind staff

The 60th MDSS intramural soccer team staged a coup at the championships July 16. After placing sixth in the regular season, they beat the season champs 60th Security Forces 2-1.

The upset came after the twelve Travis teams played more than three months of soccer that began in April.



Courtesy photos  
Midfielder 1st Lt. Bobby Estep kicks past a 60th Security Forces player to Capt. John Thieszen.



Staff Sgt. Bogdan Radu a midfielder, in red, fights for the ball.



The 60th MDSS (above) placed sixth in the regular season but took first place in the championship play offs July 16. The final score was 2-1. 60th SFS (right) took first place in the regular season but took sec-

## Yoga gains in popularity as fitness tool in Air Force

By 2nd Lt. Regina Gillis

Space and Missile Systems Center Public Affairs

LOS ANGELES AIR FORCE BASE, Calif. — Breathing instructions are repeated in minute-long counts while people hold an asana, or posture, that resembles a row boat. Piano music plays while the noon sun bounces around the room's mirrors, making the atmosphere almost heavenly during the class.

This is all part of Capt. William Uhl's less-stress plan during his yoga class in the fitness center here.

"Yoga is a great stress reducer," he said. "You can either use it for flexibility, strength or relaxation, and you can also use it in conjunction with practically any other exercise program that you do."

Captain Uhl has been stationed here since October 2002 as an analyst for the Space and Missile Systems Center's intelligence directorate, and is currently working with the military satellite communication team.

He has been practicing yoga for four years and is certified to teach yoga, Pilates and Power Stretch, which combines yoga and Pilates. He mixes techniques for students to get a full workout but emphasizes they should not overextend themselves and must practice safe-

ty first, particularly if they have stressed muscles in the past.

"There are certain poses I'd tell you not to do," the captain said. "You should get a good workout, but not put yourself in jeopardy."

"Oftentimes, people will want to do every pose that I teach, but discover that something feels uncomfortable or downright painful. One benefit of yoga is that there are modifications or alternatives for every pose," he said. "For example, many people complain about feeling lower back pain while doing a seated forward bend. I can modify that bend by having them sit on a fitness ball, or perform a standing forward bend instead. They'll still stretch their hamstrings, but they won't put as much stress on their lower back."

"I never put people in poses they're not ready for. One thing I've learned through reading and attending fitness conferences is that the way everybody is built is different. As a teacher I have to respect that," said Captain Uhl.

Exercise experts cite that the differences between yoga and Pilates are the postures and breathing.

"Pilates is much more focused on precise movements that strengthen the

abdominal and lower-back muscles," he said.

His critical goal for students in this class is to increase what he terms "functional strength," meaning: Can a person go about his or her daily business of bending, twisting, walking, sitting, lying down, or driving a car and at the end of the day still feel good?

"If you work out intelligently and listen to your body you should feel pretty good, because you haven't overdone it," he said. "In yoga and Pilates especially, you're not moving too sharp, nor too fast."

Chris Lincoln has been Captain Uhl's student for a year and believes the work is paying off for her.

"I think it's a wonderful class. I think it's a great way to get exercise. I'm much stronger and more physically fit," said Ms. Lincoln, who works in the aerospace corporation library and information resources center.

"My overall well-being is the best it's ever been, even though I've always been in shape," he said. "I believe that yoga has maintained my health. Yoga is something I can do for the rest of my life."

For more information on Travis Yoga classes, call the base gym at 424-2008.

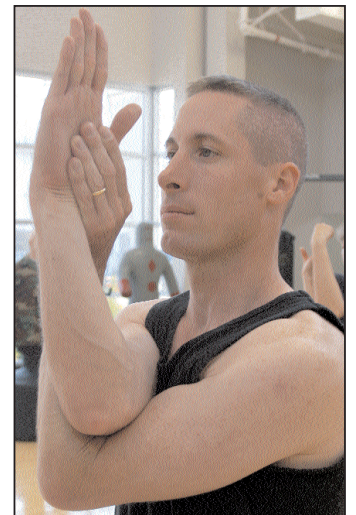


Photo by Jason Webb / AFAPN

For core-muscle strengthening, Capt. William Uhl maintains this eagle pose using abdominal and back muscles which are key to balance.

## SPORTS SHORTS

## TRAVIS AIR FORCE BASE

## Iron Man/Woman Triathlon

The Iron Man/Woman Triathlon is Aug. 27 the day of the ATWIND Picnic. Participants will complete 75 push-ups, 100 sit-ups, run 1.5 of a mile and complete an obstacle course. Trophies will be awarded. For more information, call 424-2008.

## Rugby

August 13 is the last day to sign up as a Varsity Rugby coach. For more information call the Fitness Center at 424-2008.

TRAVIS JETS ICE HOCKEY  
TRYOUTS

TRYOUTS FOR THE BASE VARSITY ICE HOCKEY TEAM  
AUG. 27 8:30-10 p.m. & AUG. 28 8:30-10 p.m.

PLACE: VACAVILLE SKATING CENTER (behind Brendan Theaters and Outback Steak House on Davis Street exit)

MUST HAVE OWN EQUIPMENT (skates can be rented for \$7 otherwise there is no cost) HELMET AND PADS ARE REQUIRED

ACTIVE OR RESERVE PERSONEL, DOD CIVILIAN, DEPENDENT, OR RETIREE'S ARE ELIGIBLE AND MUST BE AT LEAST 18 YEARS OLD

SIGN UPS CAN BE DONE AT THE RINK OR PRIOR TO

TO SIGN UP OF MORE INFORMATION CONTACT:

Staff Sgt. REI MARTINEZ 424-1877 OR 707-290-9887

## WELLNESS TIP

## DROWNING ...

... the second leading cause of unintentional death for U.S. teens

## How can drowning be prevented?

Ensure swimming ability is well within swimming area conditions

Check water depth and obstacles before jumping or diving

Never swim alone, use the "buddy system"

Wear a life jacket when in a boat or when swimming in unmarked areas of a river or lake

Do not use alcohol or drugs when swimming, diving or boating

Learn how to facilitate a water rescue

SOURCE: AMC Command Surgeon Office

InfoGraphic by Tech. Sgt. Mark Diamond

Air Force	Sept. 4	California	Home
Academy	Sept. 11	East Washington	Home
2004-2005	Sept. 18	UNLV	Las Vegas, Nev.
Football schedule	Sept. 25	Utah	Salt Lake City, Utah
	Sept. 30	Navy	Home
	Oct. 9	New Mexico	Home
	Oct. 23	BYU	Home
	Oct. 30	Wyoming	Laramie, Wyo.
	Nov. 6	Army	West Point, N.Y.
	Nov. 13	San Diego State	Home
	Nov. 20	Colorado State	Home

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 a.m.	Squadron Cycle	Squadron cycle (7 - 8 a.m.)	Squadron cycle	Squadron cycle	Squadron cycle
7:30 a.m.					
8:30 a.m.		EZ Strength		EZ Strength	EZ Does It Strength
9:30 a.m.	FIP	FIP	Yoga	FIP	FIP
10:30 a.m.					
11:30 a.m.	Core step aerobics	Core cycle	Core step aerobics	Core cycle	Intro to Fitball (11 a.m. - noon)
noon					
12:30 p.m.			Intro to Yoga (11 a.m. - noon)	Squadron cycle (12:30 - 1:30 p.m.)	
1 p.m.			Intro to Pilates-HAWC (noon - 1 p.m.)		
2 p.m.		Solano College			
3 p.m.	Squadron cycle		Squadron cycle	Squadron cycle	
4 p.m.	Pregnancy/Postpartum class	Core strength	Squadron step	Squadron cycle	
5 p.m.	Core step	Aikido	Core Cycle	Core cycling	PiYo
6 p.m.	Turbo Kick		Power kick	Hip-Hop	
7 p.m.	Total Body	Kickboxing (7 - 8:30 p.m.)	Cycling	Total Body Tone	
8 p.m.					